

Volunteers Make the Games a Success



A Salute To America's Veterans



There are more than 2,600 volunteers at this year's Games. The St. Louis community response was so overwhelming that all assignments were given and recruitment for volunteers ended before the Games even began.

Individuals, family members, youth groups, sponsors, veterans organizations, and the community are here in force. There are a few groups whose support was so significant that we would like to mention them by name: Bi-State Metropolitan Bus Service, Boy & Girl Scouts, Mayville College, Pfizer Inc., St. Louis University, United Auto Workers, and United Postal Service.



Volunteering, a Family Affair

As an employee of the Cleveland VA Medical Center, which was host to the 2002 National Veterans Wheelchair Games, it was no surprise that Karen Jefferies volunteered. It was not unusual that she also brought her husband, Thomas, and son, Shaun, to volunteer as well. The surprise came when Shaun's experience as a volunteer caused him to push his family to find a way to get to Long Beach to volunteer in 2003, and to make sure that they were a part of the volunteer family at this year's Games. Shaun has used money he received for his First Communion to help pay his way, and Karen held a part-time second job to help make their trips to the Games possible. They have begun a family tradition of volunteering that they plan to continue in 2005 and beyond.

Come to Minneapolis in 2005!



The “Land of 10,000 Lakes” is luring all athletes to the 25th National Veterans Wheelchair Games in Minneapolis, Minn., June 27 - July 1, 2005. The Minneapolis Convention Center will be the venue for many of the athletic events as well as the Opening and Closing Ceremonies. During the Games, the Hilton Hotel and Hyatt Regency will serve as your home away from home, and are just a short roll to the Convention Center. While summer

weather in Minneapolis is *never* inclement, an enclosed skyway system provides safe, comfortable access to hotels, shopping, restaurants and the Convention Center.

Minneapolis will provide a beautiful backdrop to the 2005 Games. Relax with friends and enjoy the city that is *Money Magazine*’s top choice for “Most Fun City in America!” If you want to go for the gold in shopping,

explore the famous Mall of America, the largest enclosed mall in the country. Enjoy shopping at Nordstrom’s, Bloomingdale’s or Macy’s plus 400 other shops and stores, as well as Camp Snoopy Amusement Center. Indulge in any one of the numerous restaurants. There’s something for just about everyone. If you’re hooked on sports, attend a Minnesota Twins baseball game in the Metrodome, or a minor league St. Paul Saints game in an outdoor atmosphere. Casino action, two major zoos, boating, theaters, galleries and museums are abundant in the metropolitan area. The Minneapolis-St. Paul International Airport is just minutes away from all the activities.

Next year’s hosts, the Minneapolis VA Medical Center and the Minnesota Chapter, Paralyzed Veterans of America, invite you to enjoy a spectacular week at the Games. Come to compete hard, play hard and see what “Minnesota Nice” is all about.

Until next year, please keep informed on plans for the Games through the event web site at www.wheelchairgames.org.

See you next year!



Dear Dr. Dan:
We’ve spent a lot of time training and staying healthy before the Games. What tips do you have for wheelchair users to stay in shape after the Games?

— *Shapely and Staying So in Sacramento*



Dear Shapely,
Consider keeping your form looking fine (and strong) by continuing the exercise programs your team may have been using. If you live far from your VA medical center, it can be lonely to exercise at home. But, there are often programs in your community that are geared for people with arthritis or senior citizens. Frequently, they are geared to sitting down like “yoga from a chair” or similar ideas.

Another approach is to talk with your team coach or one of the therapists. They can recommend one or more of the exercise videos available for disabled people. These can be obtained by mail or through your public library.

— Dr. Dan

Dr. Dan Scott is a physician in Physical Medicine at the Denver VA Medical Center and the Medical Director of the National Veterans Wheelchair Games.

Today's Schedule

SATURDAY, JUNE 19 — FINALS DAY!

8:00 am	Softball Finals	Consolation Game	America's Center
	Power Soccer Finals	Consolation Game	America's Center
9:00 am	Slalom "Super G"	Finals	America's Center
10:00 am	Softball Finals	Championship Game	America's Center
	Power Soccer Finals	Championship Game	America's Center
1:00 pm	Quad Rugby Finals	Championship Game	America's Center
	Basketball Finals	Consolation Game	America's Center
	Basketball Finals	Championship Game	America's Center
7:00 pm	Closing Ceremonies and Banquet		Edward Jones Dome

Did you know?



The Climatron at the Missouri Botanical Garden houses a recreated rain forest filled with plants. The Climatron, built in 1960, was the world's first climate-controlled geodesic dome designed as a greenhouse. The Garden is also the site of the largest Japanese Garden in North America.

Charles Lindbergh flew mail routes into St. Louis and named his plane "Spirit of St. Louis" to thank the businessmen who provided financial backing for his solo Atlantic flight in 1927.

DME & Wheelchair Repair

In need of wheelchair repair?

Renaissance Grand Hotel - Landmark Ballroom, Suite 2 - phone (314) 418-5300.

Emergency or after hours contact
Beverly Franklin at (314) 226-7935

Has your pick-up or delivery situation changed?

Contact Beverly Franklin (314) 418-5349 or by cell at (314) 226-7935

Ready to return your equipment?

Please bring your DME loan form with you when you return your equipment and/or have it attached to the DME upon pick-up. If the DME is not returned, a bill of sale will be created and mailed to your Team Coach. Your deposit will be returned immediately if you return the equipment yourself. It will be mailed to you after the Games if you choose to have it picked up from your room after your departure.

Wheelchair Repair Hours of Operation

**7 a.m. — 7 p.m.
Today**

DME Hours of Operation

**June 19 & 20
8 a.m. - 4:30 p.m.**



Kids Day





King of the Course



Jim Hayes, shown at right, talks with a slalom competitor.

“When I wake up from a nightmare, I use the ideas for my next version of the obstacle course,” said Jim Hayes, creator of the ever-changing Slalom event. Although never a participant in the Games, Hayes has been the “King of the (Obstacle) Course” for 22 years.

“I try to make it tougher every year because there are better and better athletes and we have to keep it challenging,” Hayes said. “My message is ‘if you can handle *these* obstacles, everyday life will be a breeze.’ As participants look around and see other athletes doing so much in their chairs, it motivates them to improve their own skills. I want them all to realize that when you see something challenging, it’s not a barrier—it’s just something in your path.”

Ed Bailey, UPS Missouri District Human Resources Manager said, “UPS sponsorship of this event is a perfect fit. Being ‘constructively dissatisfied’ and constantly changing and improving are words that we also try to live by each year.”

At this year’s Games, between 150 – 200 veterans competed in the motorized and manual slalom competitions. The top three competitors in each class qualify for the “Super G” competition — the monster of all slaloms. Class IIs compete against IIIs, IVs and Vs and one winner takes all. The “Super G” finals will be held today at 9 a.m. at the America’s Center. Don’t miss it!

Catch the Spirit at the Closing Ceremonies Tonight

A celebration of new and renewed friendships, music and awards round out this week’s activities as part of closing ceremonies for the 24th National

Veterans Wheelchair Games.

Festivities begin at 7:00 p.m. tonight at

the Edward Jones Dome of the America’s Center.

Rene Knott, sports director and host of “Sports Plus” from News Channel 5 will serve as the Master of Ceremonies. Other special guests include Joe Fox, PVA’s National President and Laura Miller, Deputy Under Secretary for Health for Operations and Management, for the Veterans Health Administration.

The Spirit of the Games Award, presented to an athlete who best

exemplifies athletic excellence, sportsmanship and good character, will be the highlight of the evening. This award has been presented since 1987 and is awarded based on nominations from officials, coaches and fellow athletes during the week of the Games.

Also as part of the evening celebrations, the always greatly anticipated closing video will be shown, which captures special moments of competition, and highlights of Games activities all week. And, as the flame of the Games in St. Louis is extinguished, we pass the torch to Minneapolis as the hosting city of next year’s Games. Catch the spirit of the 25th annual Games while watching the welcoming video to the “Land of 10,000 Lakes.”

Following the ceremony, kick up your “wheels” to the Cajun-styled music of Hudson and the Hoo Doo Cats. Don’t miss the festivities.



**Laura Nimz,
Miss Wheelchair Florida**

**Penny Gillett,
Miss Wheelchair Nebraska**



Our Chef's Selections for...



Saturday, June 19

Breakfast:

Buttermilk Pancakes with
Maple Syrup
Sausage Links
Fresh Sliced Fruit
Served with Assorted Juices
Fresh Muffins
Assorted Cereals
Coffee or Hot Tea.

Lunch:

Assorted Sandwich Selection
The Natural Sub: Breast of
Turkey, Honey Baked Ham, Swiss and
Cheddar Cheese, Red Onion, Lettuce,
Tomato and Louie Dressing on a
French Baguette

Turkey Bistro: Sliced Roasted
Turkey Breast on French Baguette
with Herb Mayonnaise, Lettuce,
Provolone Cheese and a Fresh Tomato
Basil Relish.

Pasta Salad
Assorted Cookies
Iced Tea or Lemonade

Mealtime Hours:

Breakfast: 6 a.m. – 8:30 a.m.
Lunch: 11 a.m. – 1:30 p.m.

Dinner:

No dinner served tonight. You must eat
at the closing banquet, which begins at
7 p.m.

**Reminder: You must have a meal
ticket to enter the dining area.**

What a First Timer Says!



"I grew up never being allowed to be in sports or extra curricular activities. I played softball in the Air Force for a short time until I hurt my back. When I saw the display on the bulletin board during a Spinal Cord Injury appointment, I just knew I had to participate. This was my opportunity,"

said Debra Freed, from Farmingham, Mass.

In a wheelchair for the past 10 years, Freed looked forward to competing in archery. "After I decided to take part in the Games, I began preparing myself right away. I signed up for as many events as was allowed."

Attention Athletes!

Please check your hotel billing information tonight by viewing your charges on the menu of your television in your room. Ensuring your charges are accurate now will expedite your check-out process at the hotel.



Closing Ceremony Ticket Sales On Sale

Closing ceremony tickets will be on sale at the hospitality desk in America's Center through 1:30 p.m. today.

Departure Information



Transportation to the airport on Saturday, June 19 will be available through MetroLink. Operation hours are 5 a.m. to 11:30

p.m. The nearest pick-up location is 6th Street and Washington Avenue.

MetroLink takes 35 minutes to get to the airport. Beginning at 5 a.m., it runs every thirty minutes until 9 a.m. After 9 a.m., it runs approximately every 15 minutes.

The Games transportation on Sunday, June 20 resumes at all departure sites and ramps at 4 a.m.

Plan on arriving at the airport two and a half hours prior to your flight.



Prepare Your Luggage for Airport Delivery

Use the Bright Yellow Tags!



To ensure your luggage arrives safely:

◆ Complete and attach a **yellow outgoing airport delivery tag** for **each** piece of luggage/equipment to be delivered to the **St. Louis Airport**. Luggage will be picked up outside your hotel room door beginning at **9 a.m.** and concluding at **10 p.m. today**. To

avoid the possible rush, you may wish to have hotel staff bring your luggage to the **Landmark Ballroom** prior to closing ceremonies (**7 p.m. - 9 p.m. tonight.**)

◆ Yellow delivery tags must include the **airline name, flight number and time of departure**. Once luggage has been delivered to the airport, volunteers will use this information to sort your luggage. Volunteers will be available at the airport to help locate your luggage and transfer it to the appropriate airline check-in counter.

◆ Your carry-on items and personal wheelchair will be transported with you to the airport.

◆ All handcycles and sports wheelchairs stored in the Convention Center must also include a **yellow outgoing airline delivery tag**. UPS will deliver items directly to the airport. Cycles and chairs will be checked in on your flight after they clear airport security.

◆ Please remove and retain the **UPS number receipt** (located on the right side of the yellow delivery tag). You will use this receipt to identify your luggage at the St. Louis Airport.

◆ All **firearms**, including **air rifles**, must be carried in a **locked, hard-shelled carrying case**. These items must also be tagged with the **yellow outgoing airline delivery tag**.

Shuttle Schedule



Time	Departure Site	Ramps	Venue/Destination
6:00 AM	Washington Street Side	1	Handcycling - Forest Park (Muny Lot)
6:00 AM	7th Street Side	2	Motor Rally - Zoo
6:00 AM	7th Street Side	3	Archery - Science Center

Medical Assistance

Convention Center: Medical suite — America's Center, Rooms 116-117
7 a.m. until approximately 10 p.m.

Hotel: Medical support — Renaissance Grand, room 1531 from 7 a.m. to 10 p.m. A Games physician and registered nurse remain on call tonight for participants at the hotel. Call the hotel operator. In the event of a life-threatening emergency, ask the hotel operator to call 911.

Events: Medical staff will continue to be stationed at each Games venue. Look for the white cross on their shirts.

Medical personnel can care for minor injuries only. Severe injuries or illnesses will be referred to the St. Louis VA Medical Center.

Awards Ceremonies for the day...

Super G	All	10:30 a.m.
Softball Finals	All	11:30 a.m.
Power Soccer	All	11:30 a.m.
Quad Rugby	All	2:30 p.m.
Basketball	All	4:30 p.m.



Find the Games on the 'Net

<http://www.wheelchairgames.org>

Today's Weather



62° / 76°



Newsletter printing costs donated by Pfizer